



Jersey Shore Running Club

Ninth Annual



# Navesink Challenge

To Benefit Middletown Youth Athletic Association and Habitat for Humanity

Post Race Party at  
Outback Steakhouse

## Distances

Out and Back Loop - 5 K

Stone Church - Huber Woods - 15 K

Scenic Hilly Country Roads - A Challenge for all Abilities

Bodman Park, Middletown, NJ



## Sunday - November 29, 2009



TIME: Registration starts 8:30 AM

15 K - 10:00 AM    5 K Run/Walk - 10:10 AM

Awards to Top 25 M/F In 15 K and Top 10 M/F in 5K - Lots of Random Prizes - Grand Prize Drawing

Unique Handcrafted Wooden Plaques to Top 5 M/F - 15 K, Top 3 M/F 5K

Mr & Ms Middle of the Pack Awards - 15K - Special Admiral Bodman Award 15K

\$22.00 before Nov 1; \$20 On Line; \$18 JSRC online    \$27.00 from Nov 1 to Nov 21; \$25 online(All)

\$30 After Nov 21 - Shirts only Guaranteed to Pre- Registrants by 11/1- Size Not Guaranteed

**Fabulous Long Sleeve Wicking Shirt, Water Stops, Post Run Refreshments**

**DIRECTIONS:** Garden State Parkway, Exit 109 toward Red Bank. After the Exit take Half Mile Road (its a jughandle turn right after the parkway) follow to the End. Make a Right onto West Front Street. Go to first traffic light and make a left onto Hubbard Street. Follow for about Mile and Make a right at Traffic Light onto Navesink River Road . Follow Navesink River Road over Rt 35. 1/4 mile on the left is a Sign for Bodman Park. Make the left hand turn and follow to Parking . ( Located Just North of the Cooper Bridge on Rt 35 crossing the Navesink from Red Bank) - Please Arrive Early as Limited Parking

**WWW.JSRC.ORG**

**MORE INFORMATION : JSRC Hotline 732-542-6090 or on line at:**

**New Course Records: Craig Segal 51:13- Lynann Lorenz 1:02:17**

**On - Line Registration Available**

**JerseyRunner.com**

**Send form Below and check to JSRC Navesink Run, PO Box 7492, Shrewsbury, NJ 07702**

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to : falls, contact with other participants, the effect of the weather, including low or high temperatures and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the Jersey Shore Running Club, Road Runners Club of America, Middletown Youth Athletic Association, its Officers, Members and race volunteers, the Township of Middletown and its Departments and employees, Monmouth County Parks, Middletown Little League, Habitat for Humanity and all sponsors, their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant to all of the forgoing permission to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

### Check One Event

5K Run     5K Walk     15K Run

**Amount Enclosed:** Entry Fee \_\_\_\_\_

Optional Donation to MYAA \_\_\_\_\_

Optional Donation to Habitat for Humanity \_\_\_\_\_

**Total** \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_ **Circle Shirt Size:** M L XL 2XL

(2XL - Add \$2)

Phone \_\_\_\_\_ EMail \_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Parent/ guardian signature required if under 18.

**HABITAT FOR HUMANITY of Long Branch, Inc.**

*“Serving North-Eastern Monmouth County”*

**193 Long Branch Avenue  
Long Branch, NJ 07740  
(732) 728-0441  
[habitat@monmouth.com](mailto:habitat@monmouth.com)**

**Habitat for Humanity of Long Branch is a Christian-based ecumenical, non-profit organization dedicated to building decent, affordable housing. We are unique in that we rely mostly on volunteer labor, include the homeowners in the actual building of their house, sell the house at cost, and hold the thirty-year, no interest mortgage on the house. To qualify for a Habitat house a family must live in substandard housing (poorly maintained, unsafe, overcrowded, and/or too expensive), have a combined family income between \$25,000 and \$37,000, and be willing to partner with Habitat.**

**We have completed eight homes in the last ten years and are currently working on two more on Valley Drive in Middletown Township (Navesink).**

**If you wish to make a donation or volunteer your services in one of the many capacities needed, please contact us at the above phone number or web site or send to the above address.**